



First Church Tucson Weekly Digest

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# Feared, Fragile, & Faithful

By Paul Cho on August 10th, 2020

Checking with the Arizona Department of Health Services, I can tell you we are on a downward trend of COVID-19 cases and deaths. But before we celebrate, let us remember that during the Spanish Flu pandemic, the 2nd and 3rd waves resulted in more sickness and death than the 1st wave. We must remain vigilant.

It's Red Alert out there. All hands on deck! I am more aware of people around me than I have ever been in my life. I am aware of their distance from me and I them, I am aware of their body position (so that I can anticipate their movement), I am even aware of what kind of mask they are wearing and how well they have worn them.

During my residency as a hospital chaplain at UCLA Ronald Reagan, I had to complete a PPE fitting class. I learned the correct way to wear and, equally important, how to remove and safely discard personal protective equipment. For instance, when you wear a N95 mask, you need to make a seal all around the mask so that it sits flush against your face, including the areas around your nose and cheeks. You need to create a seal so that you only breath in and out air that passes through the filters of the mask. It naturally creates a vacuum making it laborious to breath but that is the cost of being protected.

Not that I am not a certified health professional, but this is what I process as I scan the people around me. They may have their mask on, but do they have a seal? If not, what direction will air be released from their mask, and how can I avoid its path? I hold my breath as I pass people and I exhale first, before I inhale, somehow thinking that I can release any harmful aerosols stagnant in my airway. It makes no sense or difference if I am wearing my mask properly, yet here I am.

All of these things make it clear how much fear we have, in particular to the virus we can spread and contract, and also how fragile we are. It is remarkable that this invisible speck of protein arrangements can do so much damage to our bodies and our economies.

Certainly, it can be damaging to our spirit and I mean both our mental-emotional health as well as our spirituality. COVID-19 related depression is real. Spiritual weariness is real. Compassion fatigue is real. We are even more susceptible to these right now because our regular rhythm has been disturbed. Our spiritual and emotional support network is severely hampered. And worst of all, we cannot see an end in sight.

Yet, this is not how it will end. We have a hope that endures. Our bodies may be fragile but this, we have known already. We also know that people, that you and I, are quite resilient.

I will not give into fear. I will not self-loathe because of my fragility. Certainly, I will not play victim to all that is happening. Hundreds of thousands of people have died from this virus. They deserve our recognition. And though we may never know their individual names, we can at least allow their lives to strengthen our resolve to make the most of, to be grateful even of what life we have now.

So let us move forward, one step at a time, even if we have to take steps backward. Let us not give into fear, especially the fear of another soul. Let us not give into the fragility of all that we have and we are, but remain faithful, offering thanksgiving for the life we have been gifted with, both our own and the ones that surround us.

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THIS WEEK'S  
ANNOUNCEMENTS & GATHERINGS

## Exploring Biblical Wisdom

Gather for group Lectio Divina as we seek spiritual formation. **Tues @ 11AM.**

<https://dscumc.zoom.us/j/98179862680?pwd=ck15OU5KbWUyY0NwOUNxbzJkOUVBUT09>

**ZID: 981 7986 2680**

**PW: 6226481**

## Music History Workshop

This Summer, join Music Ministry Director Lorena Suarez as she unpacks the rich history and tradition in the musical arts! This week, Latin-American sound and H. Villa-Lobos. **Wed @ 5:30PM.**

<https://dscumc.zoom.us/j/92978304567?pwd=Mmo4UWZtc012TUxzVS9VYXlpVU1iZz09>

**ZID: 929 7830 4567**

**PW: 6226481**

## Progressive Christianity Book Study

Read, Reflect, and Share in the richness of progressive Christian literature. **Thurs @ 2PM.**

<https://dscumc.zoom.us/j/98015738087?pwd=eGFpVWRCUnZraWxUU1d0anRiU2pFQT09>

**ZID: 980 1573 8087**

**PW: 6226481**

## Sunday Morning Live!

Join us live on Sunday mornings on Facebook livestream. **Sun @ 10AM**

Visit [fb.com/firstchurchtucson/live](https://www.facebook.com/firstchurchtucson/live)

## Sunday Morning Fellowship

Join on Zoom for fellowship immediately following the live stream. **Sun @ 10:30AM**

<https://dscumc.zoom.us/j/97274927766?pwd=bVlqNmZjTk84bHFHd0JRS0U5R0c4Zz09>

**ZID: 972 7492 7766**

**PW: 6226481**

## Korean Language Ministry

한국어 사역 온라인모임을 소개합니다. 주일 오전 1130 페북 실시간 방송이 있습니다.

[fb.com/tucsonkoreanchurch/live](https://www.facebook.com/tucsonkoreanchurch/live)

방송 직후 Zoom을 통해 교제의 시간에 초대합니다.

<https://dscumc.zoom.us/j/99861120822?pwd=VWlyZ3FrM2ZrNHhrVIRINHc1NTBLQT09>

**ZID: 998 6112 0822**

**PW: 6226481**

또한, 금 오후 7시에 (기존 토요일 새벽 기도회 대신) 온라인 모임을 위에 표시된 Zoom 가상 공간에서 갖고, 일요일 오후 1시에는 한어권 청년들의 모임이 따로 있습니다.

## Support the Ministries at First Church Tucson

Now is the time to give courageously to ministries that matter to you.

Visit this [link](#) or go to [www.bit.ly/givetofumc](http://www.bit.ly/givetofumc) to set up online donation.

You may also send gifts via Paypal to recipient address: [finance@firstchurchtucson.org](mailto:finance@firstchurchtucson.org)

And as always, you can mail in checks to the church office. Alternatively, have your IRA advisor automatically make payments from your IRA to the FUMC checking account.

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THIS WEEK'S  
**BIRTHDAYS AND ANNIVERSARIES**

Sang Ho Park (Aug 11)  
Jack Hill-Harrill (Aug 13)

Byung & Young Kim (August 15, 1987)

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**SONG FOR THOUGHT**  
"Bind Us Together"  
**Bob Gillman**

by **Lorena Suarez**

Director of Music Ministries on August 9, 2020

Robert (Bob) Gillman was born in West Ham in 1946. In the 70s, Bob used to attend some Tuesday evening gatherings to sing and pray with people from a variety of churches in his area.

It was in one of those gatherings that in 1974, the hymn *Bind Us Together* was born.

Gillman was inspired by the strong message of unity from Colossians 3:14, that reads: "And over all these virtues put on love, which binds them all together in perfect unity". In 1977 the hymn was published by Thank You Music, and since then it has been well received in churches all around the world. Enjoy!

**Lyrics:**

*Bind us together, Lord  
Bind us together  
With cords that cannot be broken.  
Bind us together, Lord  
Bind us together  
Bind us together in love.*

There is only one God,  
There is only one King  
There is only one body,  
That is why we sing.

Made for the glory of God,  
Purchased by his precious Son;  
Born with the right to be clean,  
For Jesus the victory has won.

You are the family of God,  
You are the promise divine;

You are God's chosen desire,  
You are the glorious new wine.

**Suggested recording:**

<https://www.youtube.com/watch?v=VuhIBLp5aHM>

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**LECTIO DIVINA PRAYER GUIDE**  
for Individuals and Families

CENTERING - *Practice Square Breathing*

- Inhale for 4 seconds, hold for 4 seconds,
- Exhale for 4 seconds, hold for 4 seconds.
- Repeat as necessary.

SONG OF PRAISE

Select a song of your choice, or  
Refer to this week's Song for Thought

OPENING PRAYER - *Psalms 19:14*

Let the words of my mouth and the meditation of my heart  
be acceptable to you,  
O Lord, my rock and my redeemer. Amen.

READING

Matthew 14:22-33

REFLECTING

Take a minute or two in silence.  
Allow your thoughts to rest on a word, a phrase, a memory from this passage.  
Journal or share your thoughts from this moment of meditation on the passage.

RESPONDING

Respond to the reflection through the guidance from the Holy Spirit.

MINUTE MEMOIR - by Paul Cho

Fear is a major theme in our story and in our lives. There is the fear of not being able to rest, the fear of not being able to return to safety, the fear of the unknown, the fear of stepping out of our comfort, the fear of imminent harm, and of course, the fear that accompanies doubt. Certainly, there are all of these things to fear during these times of the pandemic.

In our story, there is fear, but there is also the gospel, the good news that is found in Christ Jesus. There is the good news that Christ comes to us in our time of need, the good news that Christ comes to us in unexpected and perceived impossible ways, the good news that Christ can calm our storms and help us to live step by step with Christ himself.

The key is in recognizing Christ in it all. Recognize Christ in the midst of your fears, in

the unfamiliar sight, in the new idea, in the stranger, and overcome the storms of life.  
Afterall, fear may be how our stories begin, but it is never how our stories end.

#### RESTING

Dwell in your reflection and response.  
Take time to offer God praise and glory.  
Repent and seek forgiveness.  
Offer joys and the concerns, adding in your personal prayers.  
Lastly, offer a thanksgiving for God's grace and mercy.

#### CLOSING PRAYER *Wesley Covenant Service Prayer*

I am no longer my own, but yours.  
Put me to what you will, rank me with whom you will;  
put me to doing, put me to suffering;  
let me be employed for you, or laid aside for you,  
exalted for you, or brought low for you;  
let me be full,  
let me be empty,  
let me have all things,  
let me have nothing:  
I freely and wholeheartedly yield all things  
to your pleasure and disposal.  
And now, glorious and blessed God,  
Father, Son and Holy Spirit,  
you are mine and I am yours. So be it.  
And the covenant now made on earth, let it be ratified in heaven.  
Amen.



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